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ABSTRACT

This booklet for young children is part of a series that supports national science standards related to physical health and nutrition, describing and illustrating the importance of using the Food Guide Pyramid and avoiding excesses of fats, oils, and sweets. It presents appealing alternatives to these unhealthy foods. Colorful photographs support early readers in understanding the text. The repetition of words and phrases helps early readers learn new words. The book also introduces early readers to subject-specific vocabulary words, which are defined in a section on words to know. The eight sections include: "The Food Guide Pyramid"; "Fats, Oils, and Sweets"; "Choosing Healthy Foods"; "Staying Healthy"; "Servings"; "Words to Know"; "Read More"; "Internet Sites"; and "Index/Word List." (SM)

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